



# YMCA Awards

Level 3 Customised exercise  
programme instruction and  
communication techniques  
2018

# Level 3 Customised exercise programme instruction

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## **Planning and preparing PT sessions**

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## Learning outcomes

By the end of this session you will be able to:

- Plan a range of exercises/physical activities for a session to help clients achieve their objectives and goals, covering:
  - Cardiovascular exercise
  - Resistance exercise
  - Functional exercise
  - Core stability
  - Flexibility/mobility
- Identify, obtain and prepare the resources needed for planned exercises/physical activities

## **Recap the following from the previous unit – Bespoke exercise programme design:**

### Cardiovascular exercise

- Bodyweight, cardiovascular machines and functional equipment
- Approaches such as continuous, intervals, HIIT and fartlek
- Link exercise and approach choice to client's goals

## **Recap the following from the previous unit – Bespoke exercise programme design:**

### Resistance exercise

- Bodyweight, resistance machines, free weights and functional equipment
- Approaches such as super setting, tri-sets, giant-sets, pyramid training, negative training, German volume training, drop-sets, circuit-style training, time under tension, basic set
- Link exercise and approach choice to client's goals

## **Recap the following from the previous unit – Bespoke exercise programme design:**

- Functional exercise ‘functional to the client and their lifestyle’
- Suspension equipment, VIPRs, prowlers, monkey bars, Farmer’s carries, slam balls, kettlebells, battle ropes
- Approaches such as high intensity interval training, super-setting, Tabata intervals
- Use functional equipment to correct technical difficulties

## **Recap the following from the previous unit – Bespoke exercise programme design:**

### Core stability

- Suspension equipment, core balls, BOSU, stability discs
- Approaches such as reducing stability of the surface, unilateral activities, reduction in visual stimulus

## **Recap the following from the previous unit – Bespoke exercise programme design:**

### Flexibility/mobility

- Stretching protocols such as PNF, isometric, passive, active, static stretching
- Mobilising protocols such as dynamic stretching, foam rolling or similar trigger point release tools, pre-activation techniques e.g., glute activation exercise prior to a squat

## Resources

Consider the environment for the session:

- Inside areas (e.g. gym, studio, sports hall, home/office)
- Outside areas (e.g. parks)



## Portable equipment

- Benches
- Hand weights/dumbbells
- Kettlebells
- Resistance bands/TRX
- Steps
- Stability balls
- Medicine balls
- Dumbbells
- Focus pads
- Skipping ropes
- Cones, steps



## Fixed equipment:

- CV machines (e.g. upright/recumbent cycle, treadmill, stepper, rowing machine, elliptical trainer and cross trainer)
- Fixed resistance machines
- Cable machines
- Vibration plates



## Health and safety

Consider health and safety considerations relating to:

- Environment
- Equipment
- Clothing
- Support from others
- Others users of the environment

## Health and safety

Consider:

- Personal safety issues
- Weather conditions
- First aid equipment
- Knowledge of location and of facilities (e.g. toilets, drinking water, route planning)
- Possible hazards



# Environment

- Public liability insurance
- Risk assessment for environment and equipment
- Available space
- Any additional planning requirements
- Body-weight exercises

## **Pre-planning and preparation**

- Digital or written format programmes in an easy-to follow format with adaptations listed
- Environment prepared and checked
- Required equipment is ready

